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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-42)//
POC/P.C. BISHOP/CAPT/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(940343)-Hospital Runner Ranks High in Marine Corps Marathon
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HEADLINE: Hospital Runner Ranks High in Marine Corps Marathon
NAVHOSP Jacksonville, FL (NSMN) -- LT Elizabeth Fitzpatrick, CEC, Facilities Management Department head at Naval Hospital Jacksonville, placed an impressive third in the military female category of the 19th Annual Marine Corps Marathon in Arlington, VA, 23 October.

Almost 16,000 runners competed in the marathon. Fitzpatrick finished an overall eighth in the female category of the race, which was open to civilians and military alike. The marathon began at the Marine Corps War Memorial in Virginia and was a 26.2 mile event. This year's marathon was significant as it marked the 50th anniversary of the Flag Raising on Iwo Jima and the 40th anniversary of the dedication of the Iwo Jima statue -- the Marine Corps War Memorial.

According to Greek legend, the 26 miles that now comprises the modern day marathon killed the first man to do it. Even as grueling as a marathon can be, many first-timers were among the thousands of runners, including celebrity Oprah Winfrey. All the runners had their own special reasons for running the race. When asked what inspired Fitzpatrick to run her first marathon, she replied, "I never ran one before."

Running 26.2 miles by itself is a tremendous feat, but Fitzpatrick not only finished, she did it in a time of two hours, 58 minutes and 38 seconds. When asked how she felt about her time, she said, "I was hoping to run a little over seven-minute miles, but I had no idea I would average six minutes, 49 seconds, per mile. After about 22 miles, my legs started cramping, but my twin sister kept me going by running the last five miles beside me. I believe that's what helped me finish."

Fitzpatrick ran competitively in high school and college, but since arriving at Naval Hospital Jacksonville, she said her running has just been for fun. She explained that another hospital runner, LT Pat Malone, got her involved in some local fun type running and she really enjoyed it. Then started preparing for the marathon, and she did too.

When HN Brad Hartle was asked what he thought of his boss's performance, he replied, "I think it's great that she did so well, and I'm glad that I work for her. Especially with the hospital so big on physical fitness, it sure is neat having a leader that leads by example."

Also participating in the marathon from Naval Hospital Jacksonville were CDR Charles Bryner, Family Practice Clinic; LT Patrick Malone, Patient Administration Department head; and Command Master Chief HMCN Kenneth Thomas.

Story by HN Mike Smith

-USN-

HEADLINE: Naval Hospital Recognized for Personal Excellence

NAVHOSP Bremerton, WA (NSMN) -- Naval Hospital Bremerton was recently selected as the winner of the 1993-94 Pacific Northwest Personal Excellence Partnership (ashore category). A partner with Jackson Park Elementary School, Naval Hospital Bremerton participated in an active and productive partnership throughout the year. Many quality volunteer hours were spent ensuring that this partnership resulted in a positive and rewarding experience, benefitting not only the students, but the volunteers and the United States Navy as well. The outcomes of their efforts have been the development of a quality, topnotch educational partnership program -- devoted to heightening development of their citizenry and pride in the United States of America. Naval Hospital Bremerton was specifically cited for its many rapid responses to their partner school's requests and diverse involvement in school activities. Runner up in the ashore category was Naval Station Everett.

Story by ENS K. Scroggs, MSC, USNR

-USN-

HEADLINE: AMSUS Award Recipients Announced

AMSUS Washington (NSMN) -- The award recipients for the 1994 AMSUS Awards, to be presented at the 101st Annual Meeting of the Association of Military Surgeons of the United States, 13-18 November 1994, Orlando, FL, are:

-- Joel T. Boone Award to Captain James D. Felsen, USPHS, in recognition of his outstanding support and enthusiasm of the Association and his services to the AMA Section Council on

Federal and Military Medicine.

-- Ray E. Brown Award to Russell E. Struble, DVA, for outstanding accomplishments in Federal Health Care Management with the Department of Veterans Affairs.

-- John D. Chase Award for Physician Executive Excellence to Major General Richard D. Cameron, MC, USA, for outstanding sustained accomplishments and innovative leadership in the Military Health Services System.

-- Clinical Nursing Excellence Award to Major Susan B. Connor, USAF, NC, in recognition of her abilities as an extremely hard-charging, highly diversified clinician, leader, manager and researcher.

-- AMSUS Award for Excellence in Clinical Pharmacy Practice to J. Richard Brown, Pharm.D., DVA, in appreciation of his dedicated mentorship, professionalism and service recognizing the leadership role of Federal pharmacists in the transformation of pharmacy practice by working closely with other health care providers to optimize pharmacotherapies in a safe, efficacious and cost-effective manner.

-- Andrew Craigie Award to Colonel Roger P. Potyk, MSC, USA, for his performance, which has enhanced military medicine and is in the highest tradition of innovation and interservice cooperation.

-- Federal Nursing Service Award to Commander Maribeth M. Reed, USPHS, for her paper, "Levels of Risk as Components of Health: Developing a Conceptual Model for Nursing."

-- Founder's Medal to Vice Admiral Donald F. Hagen, MC, USN, in recognition of his strong support of the members and activities of AMSUS and his outstanding leadership in the preparation of the Association's 101st Annual Meeting.

-- Founder's Medal to Rear Admiral Roger W. Triftshauser, DC, USNR, in recognition of his support of AMSUS as Chairperson of the Naval Reserve Section and as the General Chairperson for the 101st Annual Meeting.

-- Gorgas Medal to Captain John D. Boice Jr., USPHS, for his seminal epidemiologic research, which has elucidated the cancer-causing effects of ionizing radiation and has generated preventive measures leading to reduction of radiation-related cancers in occupational environmental and medical settings.

-- Philip Hench Award to David S. Pisetsky, M.D., Ph.D., DVA, for outstanding contributions and public service in the field of arthritis research and education.

-- Richard A. Kern Lecture Award to Rear Admiral Joseph S. Cassells, MC, USN (Ret.) for his lecture.

-- James A. McCallam Award to Leon H. Russell, D.V.M., M.P.H., Ph.D., for outstanding accomplishments in the field of veterinary medicine and health.

-- New York-Tidewater Chapters History of Military Medicine Essay Award to Captain William C. Hanigan, MC, USA, for his paper, "Observations on the Wind of a Ball."

-- Optometry Outstanding Service and Recognition Award to Dr. Lyman C. Norden, DVA, in recognition of outstanding leadership, dedication and service to the profession of Optometry.

-- Outstanding Federal Services Health Administrator Award to C. Wayne Hawkins, DVA, in recognition of his distinguished career as health care administrator, educator and veterans' advocate, and the positive impact he has had on the provision of compassionate, quality patient care both within the Department of Veterans Affairs and the health care community at large.

-- Physician Assistant Award to Robert L. Petrone, Ph.D., MPPH, PA-C, DVA, in recognition of unwavering and distinguished service to the men and women served by the Department of Veterans Affairs as well as the myriad of health professionals he has inspired by his selfless devotion to the medical arts.

-- William C. Porter Lecture Award to Lieutenant Colonel Molly J. Hall, USAF, MC, for her lecture, "Uncertainty and Diversity: Business as Usual."

-- Carl A. Schlack Award to Gary Lynn Ellis, D.D.S., in recognition of superior achievements in dental research, excellence in leadership and outstanding contributions in dental education.

-- Edward Rhodes Stitt Lecture Award to Ronald E. Ginsburg, M.D., DVA, for his lecture.

-- Sustaining Membership Lecture Award to Captain Lance Liotta, USPHS, for his lecture.

-- Paul F. Truran Jr. Medical Materiel and Logistics Management Award to Captain Terry R. Irgens, MSC, USN, for outstanding contributions to the DOD medical logistics community and service to our most important customer -- the patient.

-- Sir Henry Wellcome Medal and Prize to Captain Michael S. Baker, MC, USNR, for his paper, "Preventing Post Traumatic Stress Disorders in Military Medical Personnel."

-- Paul Dudley White Award to Captain William P. Baker, MC, USN, "with deepest gratitude and appreciation for your gifts to military cardiology as: caring physician, teacher, leader, and role model."

-- Young Federal Health Care Administrator Award to Major M. Loretta Strobel, USAF, MSC, for distinguished service and contributions to military health care.

-USN-

HEADLINE: New Hospital Scheduled to Open at MCAS Cherry Point
MCAS Cherry Point, NC (NSMN) -- The replacement Naval Hospital at Marine Corps Air Station Cherry Point was dedicated on 1 October. The emergency room, ambulatory care clinic and labor and delivery inpatient unit transferred to the new hospital the next day. The entire hospital opened for business on 3 October, with no lapse in patient care from the closing of the old facility to the opening of the new.

On 9 September 1992, a ground-breaking ceremony was held for construction of the new naval hospital. By 3 October, 25 months later and 14 months ahead of schedule, the \$34 million, 201,806-square foot Naval Hospital/Dental Clinic was ready to receive patients. The new hospital, designed by Rogers, Lovelock, and Fritz, Inc., and constructed by Pizzagali Construction Company, will provide the same patient care capability as the previous hospital, but contains new, highly sophisticated and state-of-

the-art medical and dental equipment.

Cherry Point's original naval hospital occupied 15.5 acres at the Marine Corps Air Station. A dispensary was constructed in 1942 and subsequently became a station hospital under the command of the MCAS commanding general. It was commissioned as a naval hospital on 1 July 1968, with operating funds from the Bureau of Medicine and Surgery.

The 1 October dedication ceremony was held in front of the main entrance of the new naval hospital. Participants included Congressman H. Martin Lancaster, Navy Surgeon General VADM Donald F. Hagen, MC, MCAS Commanding General BGEN F. McCorkle, and Naval Hospital Commanding Officer CAPT V. Paul Haws Jr., MSC.

Story reprinted from MCNEWS 40-94

-USN-

HEADLINE: NSHS San Diego Detachment at Oakland Disestablished

NSHS DET Oakland, CA (NSMN) -- Friday, 30 September 1994, brought smiles, tears and fond memories for staff and students at the Naval School of Health Sciences San Diego Detachment, located on the Naval Medical Center Oakland compound. After six years of training excellence, the Detachment graduated its final Preventive Medicine Technician (PMT) class and held a brief, stylish disestablishment ceremony. Since 1988, a total of 93 classes and 1,496 students have graduated as certified technicians from Basic X-Ray Technician, Surgical Technologist, and PMT schools for duty worldwide. Students received classroom instruction and hands-on clinical training from some of the Navy's finest instructors, many of whom had earned the title "Master Training Specialist."

Guest speaker CAPT Charles W. Baker, MSC, commanding officer, Naval School of Health Sciences San Diego, urged the graduates to continue forward with traditions started in Oakland. CAPT David A. Snyder, MC, commander, Naval Medical Center Oakland, praised the dedication and devotion of hospital corpsmen. Command Master Chief HMCM(SW) Jackie D. Brown Sr., Navy Environmental Health Center, Norfolk, VA, discussed the future of the PMT program and his perspective as the Navy's senior PMT.

Plaques expressing appreciation to the guest speakers were presented, then a quiet moment for prayer and reflection, and finally the Colors were retired. During a reception afterwards, with the atmosphere somewhat less formal, memories were still being shared and appreciated. All took comfort in the fact that students will continue to receive the highest quality instruction as other sites take up these programs for Navy medicine.

Story by Cheryl Bernardo

-USN-

HEADLINE: What's In a Name? Operations Demystified

AFIS Washington (NSMN) -- Uphold Democracy in Haiti is only one of 18 ongoing military operations involving U.S. service members around the world.

Regional commander-in-chiefs generally name the operations and choose terms that mirror what the operation is about, Joint

Staff officials said. For example, when Iraq invaded Kuwait and it looked as if Saddam Hussein was threatening Saudi Arabia, the U.S. launched Operation Desert Shield. But, U.S. Central Command used Operation Desert Storm for the attack to take back Kuwait.

Here is a list of current military operations and their objectives.

- Able Manner: U.S. Coast Guard Haitian migrant interdiction operations with U.S. Navy assistance.

- Able Vigil: U.S. Coast Guard Cuban interdiction operations with U.S. Navy assistance.

- Able Sentry: U.S. military participation in the U.N. Protection Force in Macedonia.

- Deny Flight: NATO no-fly zone enforcement, close-air support and air strikes over/in Bosnia.

- Distant Haven: U.S. humanitarian operation for Haitian refugees in Surinam.

- Maritime Intercept Ops: Generic name for U.S. and coalition enforcement of U.N. sanctions against Iraq in the Persian Gulf.

- Provide Comfort: U.S. and allied no-fly zone enforcement over northern Iraq and Kurdish relief efforts.

- Provide Hope: U.S. medical supplies and equipment to Russia.

- Provide Promise: U.S. and allied airlift into Sarajevo and airdrops over Bosnia.

- Safe Haven: U.S. humanitarian operation for Cuban refugees in Panama.

- Sea Signal: U.S. Navy support of Coast Guard's Operation Able Vigil.

- Sharp Guard: U.S. and allied enforcement of U.N. sanctions against Serbia and Montenegro in the Adriatic Sea.

- Southern Watch: U.S. and coalition no-fly zone over southern Iraq.

- Support Democracy: U.S. and allied at-sea enforcement of U.N. sanctions against Haiti.

- Support Hope: U.S. support of U.N. humanitarian operations in or near Rwanda.

- Sustain Democracy: U.S. support of U.N.-Haitian border monitoring in the Dominican Republic.

- UNOSOM II: U.N. operations in Somalia.

- Uphold Democracy: U.S. military forces in Haiti.

- Vigilant Warrior: U.S. response to the latest Iraqi provocations in the Persian Gulf region.

Story by American Forces Information Service

-USN-

HEADLINE: Navy Medical Department People Involved in Operations
BUMED Washington (NSMN) -- Wherever the Navy or Marine Corps goes, so does the Navy Medical Department. Thirty percent of our personnel are normally assigned with deployable fleet and fleet marine forces units. Additional medical support is provided for operations such as Provide Promise in Zagreb. These men and women are on duty around the globe. Here is the latest update on where are medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Able Vigil

Total medical/dental personnel: 226 (includes 57 BUMED augmentees)

The Navy Medical Department is in full support of Operation Able Vigil. Three physicians, 13 nurses, one Medical Service Corps officer and 33 hospital corpsmen are deployed at the Naval Hospital and Naval Station located on Guantanamo Bay, providing medical treatment for around 30,000 migrants, in addition to providing medical support to many afloat platforms. Also, seven EPMU (Environmental and Preventive Medicine Unit) people are in Panama: one environmental health officer, one entomologist and five preventive medicine technicians.

Operation Vigilant Warrior

Total medical/dental personnel: 231 (includes four BUMED augmentees)

USS Tripoli (LPH 10) ARG: The Amphibious Ready Group (ARG) has 38 ward beds, five operating rooms, two intensive care beds, seven quiet room beds, 400 overflow beds and has a medical/dental staff of 126.

USS George Washington (CVN 73) CVBG: The Carrier Battle Group has 62 ward beds, one operating room, eight intensive care beds, 20 quiet room beds, 340 overflow beds and has a medical/dental staff of 59.

In Country: Attached with the Administrative Support Unit Bahrain are five physicians, one dentist, three nurses, five MSC officers, 29 corpsmen and three dental technicians. Of these, four are BUMED augmentees, one nurse and two corpsmen at the ASU and one corpsman with the COMUSNAVCENT staff, which is located adjacent to ASU Bahrain.

Operation Provide Promise

Total medical/dental personnel: 317 (includes 198 BUMED augmentees)

USS Guam (LPH 9) ARG: The Amphibious Ready Group (ARG) has 36 ward beds, four operating rooms, two intensive care beds, five quiet room beds, 300 overflow beds and has a medical/dental staff of 119.

CDR John Coyne, MSC, is the Force Hygiene Officer for the United Nations Protection Force located in country.

A total of 280 personnel assigned to Fleet Hospital 5, including 198 medical personnel, staff the U.N. Hospital located at Camp Pleso. Medical personnel were taken from Navy Medical commands located throughout the Healthcare Support Office Norfolk and Jacksonville Region.

Operation Joint Task Force Full Accounting

Navy physicians and independent duty corpsmen are supporting this operation by volunteering to serve tours ranging from just under two weeks to two months. Naval Medical Clinic Pearl Harbor is providing two IDCs while Naval Hospital Camp Pendleton is providing a General Medical Officer to augment the missions currently in country. All missions to Southeast Asia identified for FY94 have been completed. Fourteen missions have been identified for FY95.

Exercise Support

Individuals and components of mobile medical augmentation readiness teams (MMARTs) support various exercises/operations as required, bolstering the "organic" medical assets of the units involved.

Surgical Team 1: Six personnel -- two physicians, one nurse and three corpsmen from National Naval Medical Center Bethesda, MD, are providing MMART surgical team coverage for an ongoing operation.

Fleet Surgical Teams are also deployed to provide additional medical support where needed, as directed by the CINCs.

Miscellaneous OCONUS and Fleet Support

Providing TAD (temporary additional duty) support to 16 fleet platforms and four OCONUS facilities are 25 Navy Medical Department personnel: 14 physicians, one dentist, one MSC, and nine hospital corpsmen.

-USN-

HEADLINE: HEALTHWATCH: Give Yourself a Sporting Chance

USNH Yokosuka, Japan (NSMN) -- Prevention is the best medicine on the field and on the court. Taking some simple precautions can prevent injury and save a lot of pain and misery. Here's how ...

Inspect the playing surface before each practice or game. Remove any rocks or obstacles and inform your coach or referee of any holes on the field -- these should be filled. Look for wet spots on the court and keep a towel handy to keep the surface dry.

Athletes must be in top physical condition before playing. The greater the strength, flexibility and endurance one has, the lesser the chance of becoming injured. Athletes must train a minimum of three days a week. Any amount less than this does not result in improved fitness and makes one more prone to injury. Also, correct warm-up procedures are a must. Jogging or performing calisthenics to work up a light sweat prior to stretching is the most effective.

If you do become injured, stop playing immediately and inform your coach or the referee. The most common sports injuries are to the knees and ankles. These injuries, along with most other types of sporting injuries, are best managed using the RICE method:

-- R: Rest. After injury, stop playing and rest the injured part.

-- I: Ice. Apply immediately. Ice should continue to be applied for 30 minutes every waking hour for the first 24 hours and thereafter should be applied two or three times a day as long as pain and swelling persist.

-- C: Compression. An elastic bandage can usually provide enough compression to limit swelling. The bandage should be wrapped in a spiral pattern starting below the injury and gradually lessening the tightness as you come above the injury.

-- E: Elevation. Finally, the injured area should be elevated above the level of the heart.

Research has shown the immediate application of the RICE method can help limit swelling and result in a quicker recovery

time. The injured athlete should then consult their health care provider to rule out any serious injury.

To review, sports injuries can be prevented by using the proper equipment on a safe field or court, being in top physical condition, and performing a thorough warm up. To treat a sports injury initially, use the RICE method -- Rest, Ice, Compression and Elevation -- and seek attention from your health care provider.

Story by LCDR Greg Ernst, USNH Physical Therapist

-USN-

3. Two-month calendar of events:

NOVEMBER

National American Indian Heritage Month

American Heart Disease Prevention Month

Diabetic Eye Disease Awareness Month (1-800-331-2020)

National Diabetes Month (1-800-232-3472)

National Hospice Month (205/934-1932)

6-12 November: Patient Education Week (301/948-1863)

6-12 November: National Radiologic Technology Week
(505/298-4500)

7-11 November: Health Care Information and Management
Systems Week (312/664-HIMS)

7-11 November: National Health Information Management Week
(312/787-2672, ext. 264)

7-13 November: National Medical Staff Services
Professionals' Week (615/531-3571)

8 November: Vote! General Election

8 November: Night Detailing until 2200 (EST)

10 November 1775: U.S. Marine Corps established

11 November: Veterans Day (Veterans Day has been observed since 1919, following World War I, when it was known as Armistice Day. Hostilities ceased in that war at 11 a.m. on 11 November 1918. Since then, people around the world pause each year for a moment of silence at the 11th hour of the 11th day of the 11th month.)

13-19 November: Operating Room Nurse Week (303/755-6304,
ext. 277)

13-19 November: Education Week

13-19 November: Geography Awareness Week

14 November: Reserve O-7 MC Selection Board Convenes

14-20 November: Children's Book Week

17 November: Great American Smokeout (1-800-ACS-2345)

20 November: Children's Day

21 November: National Hello Day

21 November: National Military Family Recognition Day

22 November: O-8 MC board convenes

22 November: Night Detailing until 2200 (EST)

24 November: Thanksgiving

27 November - 5 December: Hanukkah

27 November - 3 December: National Home Care Week (202/547-
7424)

28 November 1775: Chaplain Corps established

28 November: Active O-5/6 Staff Selective Early Retirement

30 November: E-6 Evaluations Due
DECEMBER

National Drunk and Drugged Driving (3-D) Prevention Month --
Take a Stand! Friends Don't Let Friends Drive Drunk (Navy POC:
Tom Priesman, 804/444-1470, -3344; DSN prefix, 564; Commander,
Naval Safety Center (Code 421), 375 A St., Norfolk, VA
23511-4399)

Safe Toys and Gifts Month (1-800-331-2020)

1-7 December: National Aplastic Anemia Awareness Week (1-
800-747-2820)

1 December: World AIDS Day (202/466-4883)

3 December 1945: United Nations Charter signed

3 December: Army-Navy Game (Philadelphia, PA)

7 December 1941: Pearl Harbor attacked

10 December 1964: Martin Luther King Jr. won Nobel Prize

10 December: Human Rights Day

10 December 1898: U.S. acquired Guam, Philippines

10-16 December: Human Rights Week

15 December 1791: Bill of Rights ratified

18 December 1865: Slavery abolished

21 December, 2123: Winter Solstice

25 December: Christmas

25 December 1821: Clara Barton, founder of the American Red
Cross and its first president, born

26 December: Whiner's Day

26 December - 1 January: KWANZAA

31 December: New Year's Eve

31 December: Make Up Your Mind Day

-USN-

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